

ABSTRACT

An information recording apparatus (1) is provided with: a recording device (310) for recording record information onto an information recording medium (100), in which a recording speed can be changed to first (6x) and second (8x) linear velocities and which supports the first and second linear velocities, by irradiating laser light with a variable recording power; a measuring device (330) for measuring reproduction quality by reproducing the record information recorded at the first linear velocity, if the recording speed is changed from the first linear velocity to the second linear velocity; a first calculating device (400) for calculating a link power which is the recording power which gives the reproduction quality measured by the measuring device in the second linear velocity, on the basis of correlation information for representing a correlation between the recording power in the second linear velocity and the reproduction quality of the record information; and an adjusting device (320) for adjusting the recording power at a time in stages or in continuity, such that the recording power changes from the link power to a reference power which is the recording power which gives desired target quality, if the recording speed is changed from the first linear velocity to the second linear velocity.